

## **Exciting News from CommonHealth!**

The Commonwealth of Virginia and WW (Weight Watchers Reimagined) are proud to partner together to help you improve your wellbeing. The WW discounted pricing for employees enrolled in a state health plan is changing as of **July 1, 2019**:

WW offering	Employee special pricing
Digital	\$8.48 per month
Digital + Workshops	\$19.11 per month

Effective July 1, 2019, your subscription will continue to automatically renew each month at the new rate until your cancel or are no longer eligible to receive the benefit. You will notice the new pricing on your first billing cycle following the effective date. Tax additional in AK, CT, HI, SD, and WV.

Please note that the last day to submit for reimbursement is June 30, 2019. As a part of this new pricing, you will not need to submit for reimbursement past this date.

If you have questions about your WW account or membership, please contact the WW Customer Care team at 866-204-2885.

# Following our program

#### You'll eat what you love.

Based on our science-backed SmartPoints® system, WW Freestyle™ nudges you toward a healthier pattern of eating. And everything is on the menu! Plus, there are 200+ ZeroPoint™ foods that you don't have to measure or track, giving you extra freedom and flexibility.

## You'll shift your mindset.

You'll learn how to think in new ways and handle tough moments with self-compassion. Plus, a new partnership with Headspace, a leader in meditation and mindfulness, will provide you with techniques to help you be more mindful throughout the journey.

## You'll do what moves you.

Our approach to activity is simple: if you enjoy it, you'll be more likely to keep at it. Anything that gets you moving more will do great things for your health and help you reach your goals.

Wellness that Works.™

<sup>†</sup> Monthly payment is required in advance. The subscriber will automatically be charged each month in accordance with company pricing until they cancel. Sold in participating areas only; may not be accepted for local and/or Workshop series in all areas. Minimum enrollment and participation required to start and maintain a Workshop in the workplace.

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